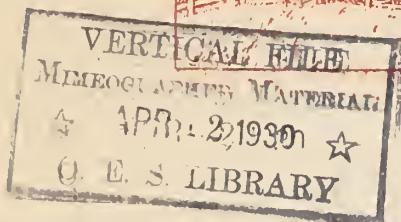


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HOME DEMONSTRATION REVIEW

OFFICE OF COOPERATIVE EXTENSION WORK, EXTENSION SERVICE
UNITED STATES DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

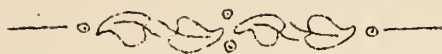
Vol. 1, No. 3

March, 1930

"The farm family is a social unit of value so great as to demand its preservation. Its independence, its compactness, its ideals, must be maintained, but in maintaining them we must remember that we are preserving a small producing unit in a society in which all other forms of production are organized into large units. The farmer must have help, not only to reduce the competition within his own industry, but to see that the social, economic, and industrial adjustments and combinations which are going on all about him do not bear too heavily upon him...."

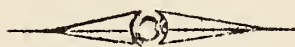
"Effective action to raise living standards on our small farms is necessary not only in the interest of the farm people immediately concerned, but in the interest of the Nation. These farms are a source of population as well as of food supply. They send their surplus population to the towns and cities. Hence the entire Nation suffers when living conditions on the small farm make it difficult to rear and educate young people adequately there. Not agriculture alone, but our entire national life stands to benefit from whatever may be accomplished toward the establishment of a satisfactory standard of living on the small farms."

Arthur M. Hyde
Secretary of Agriculture.



Dr. H. C. Taylor, chairman of the executive committee of the American Country Life Association, in his opening remarks at the conference at Ames, Iowa, recently epitomized the objectives of extension effort in these words:

"Efficiency in production; justice in distribution; success in living -- these three; and the greatest of these is success in living."



NUTRITION NEEDS MET BY HOME GARDENS

Whenever the use of vegetables in the diet was emphasized in the food and nutrition program, as explained by Mrs. Laura I. Winter, home demonstration agent of Sedgwick County, Kans., the women invariably remarked that it was not possible to have a garden because of climatic and other conditions.

The State nutrition specialist did not agree with this idea, which resulted in the working out of a program for the growing and utilizing of vegetables to meet nutrition needs. This was three years ago. The cooperation of three other specialists was obtained to help with problems of insect control and the growing and storage of vegetables.

Since then gardens to meet nutrition needs were grown in five counties in Kansas in 1928 and in 14 counties in 1929.

The nutrition and garden program included, planning a garden planted with varieties of vegetables suited to Kansas climatic conditions, in quantities determined by a food budget; methods of cultivation; the control of pests; the preparation and cooking of vegetables to make them attractive; and the storage of surplus products.

Demonstrators were enrolled to demonstrate the growing of adequate gardens. There were 337 demonstration gardens in the State in 1928 and 456 in 1929.

After the gardens were well established the people of the county were invited to visit them on conducted tours. Illustration (1) on the next page shows a Clay County, Kans., 1-acre horse cultivated garden grown as a part of a demonstration of better health through right diet for the nutrition and garden projects. It shows the agricultural specialist giving instruction in insect control during the tour. The paper tents are for the control of cucumber aphids.

At later meetings consideration was given to the comparative food value of the vegetables seen in the gardens on the tour. Illustration (2) shows a Sedgwick County leader's training group discussing the mineral content and other nutrients in garden products and other foods.

In the 20 demonstration gardens in Sedgwick County, asparagus, string beans, lima beans, beets, Brussels sprouts, cabbage, Chinese cabbage, cauliflower, celery, corn, cucumbers, eggplant, endive, garlic, horse radish, kohlrabi, melons, mustard, okra, onions, winter onions, parsley, parsnips, peas, peppers, potatoes, sweet potatoes, pumpkins, radishes, rhubarb, salsify, spinach, New Zealand spinach, squash, tomatoes, turnips, and some small fruits and flowers were grown.

"Our success is largely due," says Mrs. Winter in her 1929 report, "to the following steps in the project:

- (1) Obtaining cooperators in the fall.
- (2) Getting information regarding the preparation of the soil to them individually and through the press in October.
- (3) Follow up with a letter in January.
- (4) Score all gardens in May.
- (5) Talk about the garden tour."



1. Tour to garden grown to meet nutrition needs.

Clay County, Kansas



2. Group discussing nutritive value of food

Sedgwick County, Kansas

HERE AND THERE IN THE FIELD

"Wife Saving Kitchens", an expression used extensively in publicity during a contest for kitchen improvement conducted by Mrs. Kate Honley Daugherty, home demonstration agent in New Castle County, Del., centered the attention of this community on the contest. The contest was divided into two classes:

- (1) Improved kitchens in which the cost of changes was \$25 or less.
- (2) Improved kitchens in which the cost of changes was more than \$25.

The kitchens were judged on the basis of the greatest improvement toward saving the strength and time of housewives which was made for the least expenditure of money.



The "Modish Finishes" project which was carried on in Huron County Ohio, this past year is a good example of how a home demonstration agent may conduct a clothing construction project in her county.

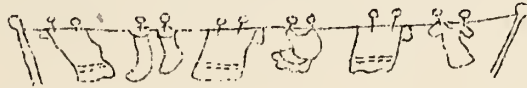
Mabel G. Fernald organized her county as follows: 16 leaders in each township of Huron County were selected. These leaders worked in teams of two. They received the training at a township meeting conducted by Miss Fernald. Each team then passed the work on to all interested women in their communities. These women were reached through church, club, grange, farm bureaus, and neighborhood groups.

Eighteen township groups completed the training, 203 leaders being trained, belonging to 100 teams. These teams then passed the work on. Five hundred and fifty-five women reported having had the work. While garment making was not a part of the work, 229 garments were made by the women trained by the home demonstration agent on which 1,133 of the finishes taught were used.

Miss Fernald reports that through the project women hunted up their old sewing-machine attachments, removed the rust and found how easily they could be used. Many made remarks about how simple the use of the attachments was but they had never before taken the time to try to use them. One woman reported making eight dresses in less than a month after she learned how to use her binder and other machine attachments.

In June a county achievement meeting was held for all women interested in the "Modish Finishes" project. In spite of the busy season, 150 persons were present, the largest group of people ever attending a county-wide clothing meeting in this county. The program consisted of an original song by three clothing leaders; a discussion of the project and exhibit by the specialist; a clothing play, "The Charm of the Old Album," by four other leaders, and a tea with the home committee and home demonstration agent acting as hostesses.

The report of people reached by the project covers about one-half of the group actually receiving help as 1,000 outlines were distributed, and these were distributed only through training meetings and to women enrolled in the project. The difficulty in getting women to report is responsible for this loss of about 50 per cent of the records.



Arkansas Feed-the-Family Contest

"Our Arkansas State contest in feeding the family is carried on in cooperation with a baking contest fostered by a wheat millers' association." Says Gertrude E. Conant, food and nutrition specialist, "The only requirements are that the women carry a definite nutrition project and keep a record of the baking of flour mixtures. They are to send to the State office twice a month during the contest, menus for the entire day so that we may keep track of how they are feeding their families. They also keep a food-habits score (using the card) for the family. They must exhibit at a county baking contest and write a story on the advantages of taking part in a "Feed the Family Contest."



Utilizing Native Plants

Pauline Hunting, home demonstration agent, Lincoln County, Wyo., reports that the Afton Home Economics Club arranged a picnic at Cottonwood Lake, for the special purpose of locating and identifying the varieties of native trees and shrubbery, which they might transplant the coming year.

Through the project the people are coming to appreciate the great variety of native materials that are available for home beautification in their neighborhood.



The Medicine Chest, new version of old idea

Although many extension workers have already used the exhibit called "The Medicine Cabinets of Mrs. Everwell and Mrs. Neverwell," for any who may still wish to employ this popular device, we are calling attention to certain effective variations from the classic exhibit, as used by the Vermont State Office sometime ago in its traveling exhibit to be loaned to county workers.

The two families were named "Ever Dosem" and "S. O. Healthy." Above the "Ever Dosem" cabinet, which contained the classic supply of tonics and builders, blood purifiers, cathartics, and headache medicines, was this placard: "The 'Ever Dosem' family tries to make medicine take the place of proper food." The companion placard reads: "These foods, taken in regular doses three times a day, keep the 'S. O. Healthy' family 100 per cent well." A colored picture beneath each cabinet showed the respective families, and other smaller placards described the members. The "Ever Dosem" family sits dejectedly at home, looking discontented and dyspeptic, while the "S. O. Healthy" family, vigorous and alert, is enjoying an outdoor picnic.

The placards describing the families read as follows:

The Ever Dosem Family

Father-dyspeptic and grouchy.	:	Father-vigorous and optimistic.
Mother-nagging, thin, and worried.	:	Mother-calm, capable, and kind.
Sister Sue-pale, anemic, and tired.	:	Rose-alert, athletic, and attractive.
Bill-restless, craving excitement.	:	Bud-full of pep and a real boy.
Baby-fretting, colicky, and nervous.	:	Sonny-round, rosy, and rollicking.

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The S. O. Healthy Family

The Problem of Sweets for Children:

Every extension agent should read the report of the committee on nutrition problems of the American Public Health Association, presented by its chairman, Dr. H. C. Sherman of Columbia University to the Food, Drugs and Nutrition Section of the Association at its annual meeting in Minneapolis last October. This paper is printed under the title "The Problem of Sweets for Children" in the November, 1929, issue of the American Journal of Public Health, page 1205, and the Nations Health, page 1909, and gives us the last authoritative word on this subject.



"With health, everything is a source
of pleasure; without it, nothing else,
whatever it may be, is enjoyable."

Schopenhauer.

SPECIAL CONTRIBUTIONS

THE HOUSEWIFE AND THE AGRICULTURAL MARKETING ACT

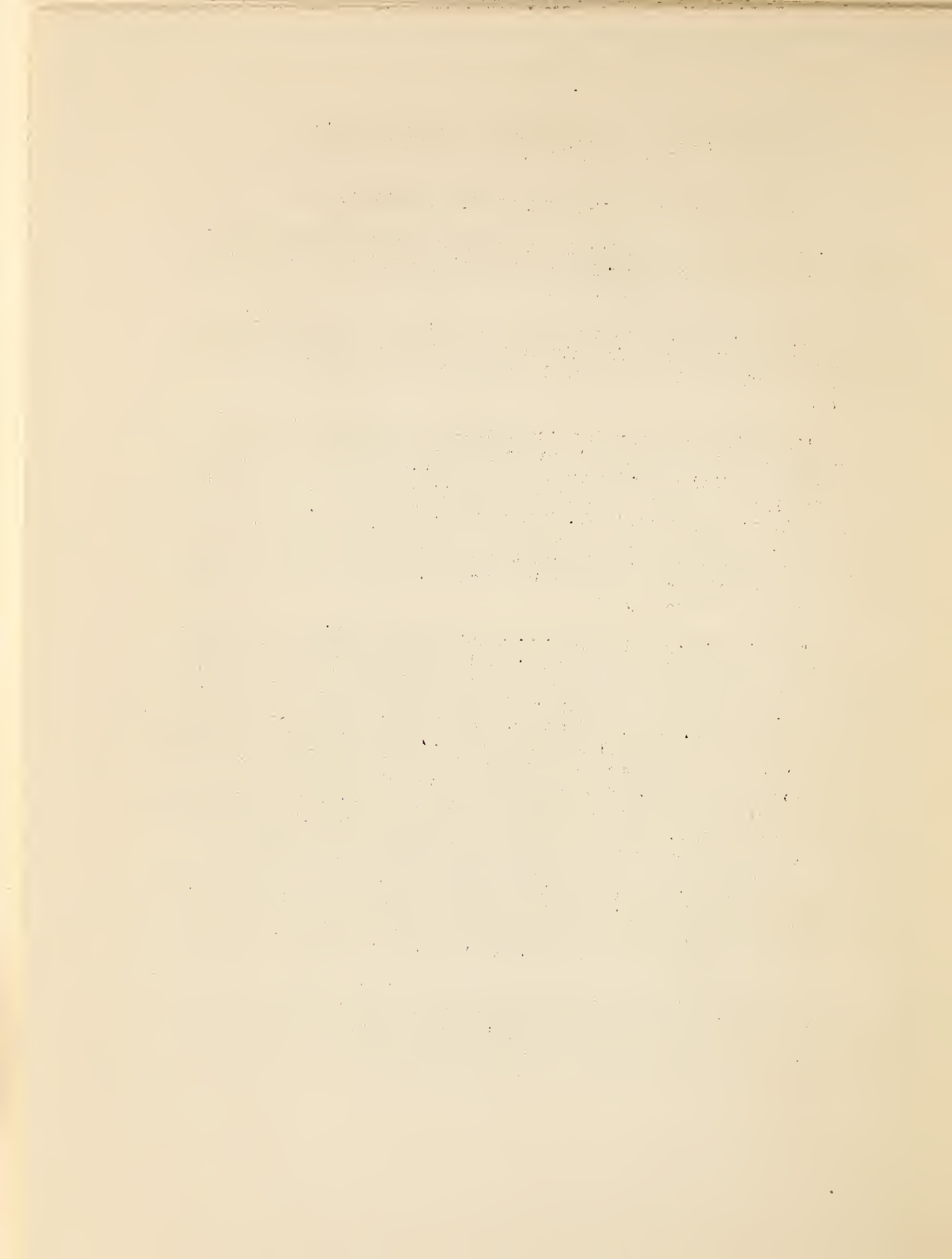
"The American housewife is expected to share in benefits the farmer derives from the Agricultural Marketing Act," said C. B. Denman, a member of the Federal Farm Board.

Mr. Denman made this statement in discussing the provision of the Agricultural Marketing Act directing the board, so far as possible, to prevent inefficient and wasteful methods in distribution of farm products.

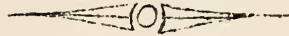
"It would not matter how economically we produced our products nor how efficiently we operated our cooperative marketing machinery, we still could not find a profit from our operations unless there was someone to furnish us a market and with the ability to buy at a price that would provide that profit." Mr. Denman said, "Therefore, the main consideration that we must give is that we will be able to produce and offer to the housewives of this country a product which will meet their present-day demands and be attractive enough in package form and price that they will want to buy it.

"I think I can talk with you about specific things now as regards livestock and livestock products, because I am supposed to more particularly represent these on the Federal Farm Board. Since early in September I have personally shipped from my own feed lots 26 carload shipments of cattle, hogs, and sheep, totaling more than 1,300 animals... On three consecutive weeks I sold fat sheep on the St. Louis market and in every instance at the top of the market, and on parallel days bought mutton chops paying more than seven times the price for mutton chops that I received for fat sheep. Despite the fact of efficient handling, the sheep lost money. Undoubtedly there is some wasteful and inefficient distribution going on between my sale as a feeder and my purchase as a consumer. On another day when I topped the St. Louis hog market at \$9.40 per hundredweight, I bought pork chops that same day and made this interesting test: The price of the pork chop cut before it was sliced was 25 cents per pound; for the slicing alone I paid 10 cents a pound or 60 cents per hundredweight more than I got for a live hog that day.

"I do not believe until we have an organization which takes in the producer with his money invested in his farm and feeding plant and the processor and the packer who has his money invested in converting that which is a finished product to us but raw material to him, and permits us to stabilize the price all along the line in such a way that that



price will be rather well understood, so that we can offer to the housewives packages of meat with grade and price stamped thereon, not only in an attractive package but at a price which they can afford to pay and will be glad to pay, will we have carried out the provisions under No. 2 of the policies of the Agricultural Marketing Act. Thus it is quite apparent that the consumer's interest is manifest in this legislation. I do not mean to leave the impression that the retailer is dishonest or his profits are excessive, but I do believe that a more economical system can be developed whereby the producer can obtain a more stable price and the consumer have a better article for less money."



THE EXPANDING HOME ECONOMICS PROGRAM

Grace E. Frysinger

Extension Home Economist, Central States,
United States Department of Agriculture.

Farm women meeting together annually to plan home extension programs have recognized that information and demonstrations relating to food, clothing, and shelter are essential aids to the rural family, but that these interests are not sufficiently inclusive to promote a satisfying rural life. Therefore, home demonstration programs are expanding into such fields as citizenship, music, constructive reading, recreation, art appreciation, landscape gardening, and the like.

This development, which extends the rural woman's horizon and adds to her mental stature, calls forth newly realized abilities and leadership qualities which a program based only upon household skills does not challenge.

When the community program has included matters of broad social and cultural well-being, farm women have found rural life satisfying because of their enlarged perspective and more cultural and altruistic objectives. When the opportunity for long desired use of capabilities finds expression and new interests are aroused among all farm women through their programs, they come to recognize that life in its fundamentals is as richly rewarding in the open country as it is in more dense centers of population.





MISCELLANEOUS ITEMS

The House Plan

"There are at least six C's to which the house must conform before it can even approach the ideal," says W. A. Foster, rural architect in the farm mechanics department of the College of Agriculture, University of Illinois. "These are comfort, convenience, completeness, coziness, communication, and cost. To these must be added a seventh point - appearance. Comfort is that physical feeling of ease or relaxation to which both man and beast naturally turn. Comfort should appear everywhere - in the kitchen as well as in the bedrooms and living room, on the stairs, and in the basement or dormitory. Convenience is so well-known that it needs no discussion. Completeness means having all things necessary to comfort, health, and convenience. Communication between parts was not needed in the one-room cabin. It is very necessary from room to room or floor to floor. The best is most direct and without encroaching upon the passage between other parts. Coziness is the placing of an object where it appears to fit or belong. The farm house should belong on its site, nestle into the lawns and shrubbery, and blend with the skies. Cost is the agonizing part of the farm house. It should be kept reasonably within the means but not skimped to reduce the efficiency and ruin the health of its occupants. Appearance, which overlaps coziness, can not be overemphasized. It is the exterior expression of charm and character which every home should have."

Fruit for Market

Color has been found to be the most important quality factor in the sale of fruit, says the Bureau of Agricultural Economics, United States Department of Agriculture, after 12 years of farm-products inspection service. Other quality factors include size, maturity, and defects due to insect injury, disease, improper packing, and rough handling.

How Man Learns

"By a method in education is meant the way in which a teacher puts educative agents and means to work upon human nature so as to produce some desired result. Man, natively, never does something for nothing. He acts only to satisfy his wants; he learns only those reactions which contribute to the fulfillment of his urges. Throughout his life, however sophisticated he may become man's learning is motivated by his urges. Genuine wants must be enlisted to get him to learn at all, and they must be used to guide and sustain his learning. The primary law in all human control is to utilize man's wants as a means of getting him to make the desired response and to utilize his wants again to make the response satisfying."

From "Elementary Principles of Education," by Thorndike and Gates.



REFERENCE SHELF

PUBLICATIONS OF STATE AGRICULTURAL COLLEGES RELATING TO EXTENSION WORK IN HOME ECONOMICS

The extension publications listed here are not distributed by the United States Department of Agriculture. The list has been made to inform you of what is being done in the various States to provide helpful publications!

Planting the home grounds. Claude Woolsey. 27 p. illus. Sept. 1929.
(Arkansas Ext. Circ. 270.)

Home and farm preparation of pickle. M. A. Joslyn and W. V. Cruess.
32 p. illus. Oct. 1929. (California Circ. 37.)

Undergarments. Blanche E. Hyde. 12 p. Sept. 1929. (Colorado Bul.
200-A rev.)

Disposal of farm sewage. G. O. Hill. 12 p. illus. Oct. 1929.
(Indiana Ext. Bul. 165.)

Preparation of honey for sale. F. B. Paddock. 12 p. illus. July
1929. (Iowa Ext. Bul. 153-A.)

Facts about eggs. W. D. Termohlen and Ruth Cessna. 16 p. illus.
Aug. 1929. (Iowa Ext. Serv. Bul. 158.)

Egg grades and grading. W. D. Termohlen. 8 p. illus. Sept. 1929.
(Iowa Ext. Bul. 159.)

Why market eggs by grade? W. D. Termohlen. 8 p. diagr. Sept. 1929.
(Iowa Ext. Serv. Bul. 160.)

A project of marketing and nutrition relating to eggs. 4 p. May 1929.
References, p. 4.

Textile fibers and fabrics. Isabella M. Story. 30 p. illus. Sept.
1929. (Kentucky Cir. 135, rev.)

The trig and trim club. Helen Shelby. 25 p. illus. Sept. 1929.
(Maryland (Ext.) Bul. 43.)

Beauty in furniture arrangement. Marion R. Hoffman. 14 p. illus.
Sept. 1929. (Michigan Ext. Bul. 92.)

The background of the room. Marion R. Hoffman. 8 p. illus. Sept.
1929. (Michigan Ext. Bul. 93.)

